

Happy 20th Anniversary Minser Chiropractic Clinic!!

The doctors and staff at Minser Chiropractic Clinic would like to thank all of our patients for letting us serve them and their families for the last 20 years.

Yours for better health...naturally!

Upcoming Classes/Events

"Lend a Hand" Massage special Month of July

6th Annual Minser Chiropractic 5K/1K walk/run Sept 17 6:00 pm

Supplement of the Month:

Inflavonoid

Natural Anti-inflammatory

*Supports healthy joints and muscle tissue impacted by:

- intense physical exercise
- "weekend warrior" syndrome
- acute injury
- physical stressors
- poor posture
- inactivity

*Minimizes the effects of pain and swelling and helps speed up your recovery

*Lemon bioflavonoids and Vit. C help to protect connective tissues from damaging free radicals and promotes healing

*High potency anti-inflammatory herbs like boswellia, ginger and turmeric which in combination also reduce the risk of triggers and mediators of many inflammatory processes

*Inhibits pro-inflammatory eicosanoids that can adversely affect muscle, joint and connective tissue with excess inflammation

For more information, please ask Dr. Minser, Dr. Fimrite, or Dr. Mockros.

The Benefits of Organic Foods

By Dr. Lacie Mockros

I often have conversations with patients about nutrition and making good nutritional choices for themselves and their children. One of the most frequently asked questions I get is, "is buying organic food really worth the extra money?"

A recent study done by the European Union found that organic food is far more nutritious than ordinary produce, and can help improve your health and longevity. The researchers found that:

*Organic fruits and vegetables contain up to 40% more antioxidants.

*Organic produce has higher levels of beneficial minerals like iron and zinc.

*Milk from organic herds contains up to 90% more antioxidants.

Other studies have shown animals fed with organic foods had improved immune systems, better sleeping habits, were slimmer than animals fed non-organic diets, and had higher vitamin E content in their blood.

Organic foods are held to strict standards when it comes to pesticide use, genetically-engineered foods, and antibiotic use. Organic farms cannot use persistent pesticides or synthetic fertilizers. Foods listed as USDA organic cannot contain synthetic hormones, or breeding hormones. Livestock that are labeled as USDA organic cannot use antibiotics.

Organic regulations also forbid the use of genetically engineered seeds or animals. The organic philosophy means raising animals and growing produce that is in harmony with nature.

Now is the best time to explore your supermarket or local farmer's market for fresh, local, and organic produce, milk, poultry and beef. You may find that organic foods are not only better for your health, but they also taste better!

Remember, if you can't afford to purchase all organic food, at least aim to buy produce that has a lower toxic load and has not been genetically modified.

The Versatile Stability Ball

You've probably heard the hype already. Stability balls are great! They can help strengthen your core and help with stretching. But do you really know how resourceful they are?

Stability balls are also great for promoting muscular balance and increasing postural awareness. They allow you to work through a greater range of motion than you can with many traditional exercises, such as the abdominal crunch. When doing an abdominal crunch on the floor, your back can straighten out, but when doing an abdominal crunch

on the ball, your back can go into extension before performing the actual crunch, thus getting more muscles involved in the exercise. Stability balls are portable, inexpensive, and can be used almost anywhere.

Try using a stability ball instead of a weight bench to add difficulty to the movements and incorporate muscles of your legs, buttocks and abdominals. Just sitting on a stability ball can be a challenge and is a great way to improve your posture when sitting at your computer desk or just watching TV.

Stability balls come in a few sizes. The general guidelines are as follows: 45 cm for under 5 feet, 55 cm for 5'-5'7", 65 cm for 5'8" to 6'2", and 75 cm for over 6'3". Please remember these are only guidelines since leg length can be a determining factor. A better rule to use is when you are sitting on the ball, your knees should be at a 90 degree angle. Your thighs should be parallel to the floor and your hips at the same height as your knees.

Stop by the clinic and try one today!

Essential Oil of the Month: Rosewood

*One of the most spiritual essential oils, with a balancing and harmonizing effect.

*Useful for eliminating the chance of getting sunburn if applied after sunbathing.

*A very gentle stimulant, which makes it useful for those with nervous tension and depression.

*Powerful immunostimulant.

*Useful for all skin types, especially sensitive and damaged skin.

*Has an uplifting effect that is useful when you are tired, as well as lifts your spirits and your energy.

*Helps to combat insomnia.

*Overall it is balancing, uplifting, fortifying, calming, and steadying.

*Add this essential oil to your massage today for only \$5!

If you have questions about this essential oil, please ask:

Megan Blenker, CMT, Meagan Holtz, CMT, or Audrey Johnson, CMT.

"Lend A Hand" Massage Special

During the month of July receive 10% off a massage by bringing in 3 non-perishable food items. The food will be donated to a local food shelf.

Valid at the time of service only! Not valid with any other coupons, discounts, or gift certificates. Offer runs from July 1-31. No cash value.

Monthly Massage Visits

Often, as massage therapists, we encounter patients who feel that they need a special reason or occasion to receive a massage. That is not the case! It is a great idea to receive monthly massages for the benefits that they provide; they are tremendous!

Here are just a few of the benefits: improved circulation, boosted release of built-up toxins in the muscles, low-

ered blood pressure, and the most obvious, relaxation. To promote a healthy lifestyle, we recommend massages on a continual, regular basis, not just for special occasions.

Is your monthly massage scheduled? If not, call 320-253-5650 to schedule an appointment with one of our certified massage therapists today.

Minser Chiiropractic 1K/5K, 6:00 start time

Registration: Begins at 4:30 pm @ the Beaver Island Trail Head, parking at SCSU Q lot. Packet includes chip timing, t-shirt, and goodie bag. The 1K starts at 6:00 pm and the 5K follows at 6:30 pm

1K Awards: All participants of the 1K will receive a finisher medal

5K Awards: Medals will be presented to all 1st, 2nd, and 3rd place male and female finishers in each category, 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & up.

Entry Fee: \$15 Before Aug 1st/\$20 after Aug 1st/\$25 Day of Race , Special group rate: 25 registrations for the price of 20 if all signed up by August 1st (all proceeds to go the American Spine Foundation and Central MN Kids Against Hunger)

Registration fee includes a T-shirt & refreshments at the finish line. LOTS of great door prizes will also be awarded after the race.

1K kids run 5K walk/run Group of 25, group name _____

Name: _____ Phone _____ Age on race day _____

Address _____ City,State,Zip _____ Gender M / F email _____

Adult T-shirt size: S M L XL

Youth T-shirt size: M L

WAIVER:

In accepting this entry, I hereby for myself waive and release any and all claims and rights for damages I may have against the organization and/or Minser Chiiropractic Clinic for the 1K/5K run/walk. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature _____ Date _____

Parent/guardian (if under 18) _____ Date _____

Return completed form along with check to: Minser Chiiropractic Clinic, 203 Park Avenue South, St. Cloud, MN 56301

Minser Chiiropractic Clinic

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